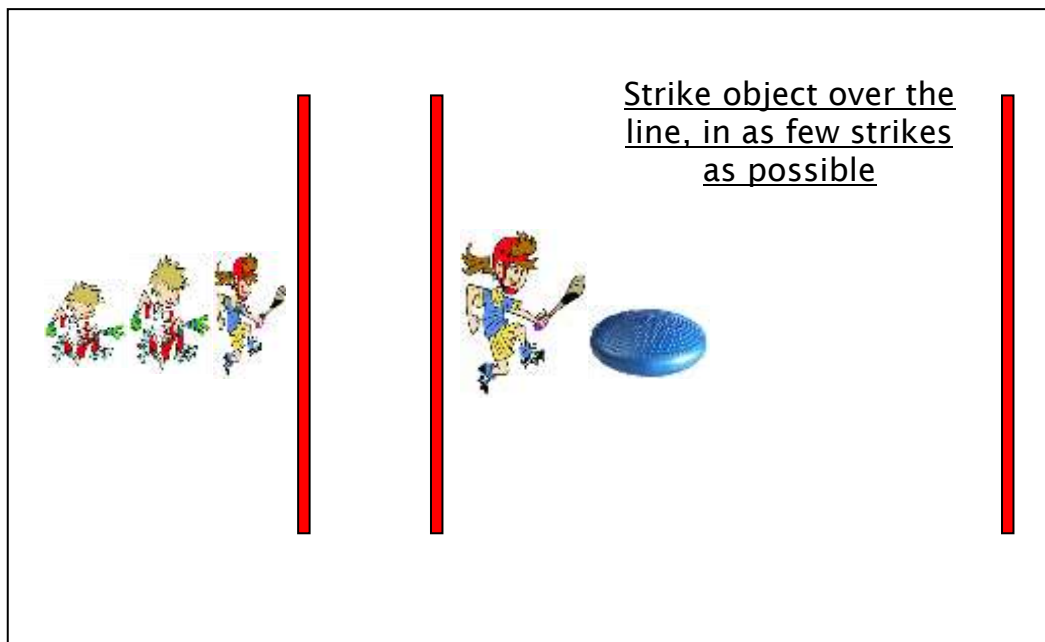


STATION 2: STRIKING

Activity: Beat the Object



FOCUS:

- Try to strike the object using the hurl as cleanly as possible to move the object over the end line

RULES - HOW TO PLAY

- 4 players: one player tries to strike the object across the finish line, such as a rubber balance board, dice, small tyre etc
- Other 3 players must stay behind line for safety
- 1 point for getting object over the line
- Bring object back behind start line
- Run back and pass hurl onto next player



HARDER

- Introduce larger/ heavier object
- Restrict amount of strikes
- Use least preferred side

EASIER

- Use lighter, softer object
- Use bat/ hand /foot to strike

COACHING POINTS:

HEAD

- Eyes on the target object when striking

HANDS

- Two hands on hurl, dominant (strong hand) on top of the hurl
- Bring other hand to 'Lock' position for striking

FEET

- Step in when striking to increase power
N.B. Step and Strike

EQUIPMENT:

- Hurl(s)
- Variety of objects e. g. rubber balance boards, large soft dice, sponge, tackle bags etc. (use according to ability)
- Small markers for starting point/ finish line and safety zone
- N.B. If the object is too heavy, the game will be too difficult